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## EATING DISORDERS IN ADOLESCENTS PORTUGUESE

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**Introduction:** The eating disorders are serious psychological problems which particularly affect young women. In this context, and in view of epidemiological data are still scarce in Portugal, is of great interest to boost a current and ongoing research.

**Objective:** This study aims to identify and characterize, in Portuguese adolescents, behavioral and psychological dimensions associated with eating disorders

**Methods:** Using quantitative methods, the study focused on a group of 458 adolescent students, aged between 15 and 20 years (average: 16.86), mostly female (58.70%), attending the tenth grade (37.80%) and without having to diet at the present time (74.70%).

As measurement instruments were used anthropometric data and "Eating Disorders Inventory - EDI (Garner, Olmsted & Polivy, 1983).

**Results:** The female adolescents tend to have higher results in the clinical subscales of EDI, suggesting a higher level of psychological distress. An analysis of age distribution of adolescents shows a peak for the characteristic signs of anorexia at 16 and a peak for the symptoms of bulimia at 20. Finally, adolescents who are currently dieting tend to score higher on all subscales of EDI, which suggests they tend to seek more leanness, feel greater body dissatisfaction, interpersonal distrust increased, fear of maturity and also a greater general feeling of powerlessness, insecurity, low self-esteem and loss of control over their lives.

**Conclusions:** After it performed this situation diagnosis, we intend to formulate a proposal of intervention in school environment, in the scope of Health Education, that can help these young it will carry out his healthier form life project.